OPEN ARMS • P.O. BOX 845 • MISHAWAKA • INDIANA • 46546

OCTOBER 1994

OPEN ARMS

VOL. 6 NUMBER 10

• • • • • • MICHIANA'S LESBIAN NEWSLETTER • • • • • •

DEAR SISTERS,

I left off on Thursday because it's the day I'll always remember. I was on my way to work, feeling a little down because the womyn with the beautiful smile wasn't home and I was trying to visualize a day of work without the fantastic rush of energy I feel every time I see her...imagine my surprise when, mysteriously, there she is walking towards me on the path. "Hey Kimmie, I just brushed my teeth, would you like to kiss me now?" How could anyone refuse such an offer?

One of the many fringe benefits of working is the massage tent, after all, womyn work much better when you take away the aches and pains. Felt so good.

Had dinner with an ex-lover and her new lover, then back to work for the evening. A trapeze artist performed while Rhiannon was on stage. Judith Castlebury finished the evening set.

My real job is in the T-shirt tent/Festiewear, but traffic is my second love, so I went and worked 3rd. shift at the Triangle.

Friday, business as usual, I'm hard at work practicing my favorite line....this is fantastic, all I have to say is, "Try it on.", kick back and enjoy the view.

By the time evening rolls around I'm so tired all I want to do is sleep...next time maybe I'll listen to my instincts. Curious about all the womyn protesting Tribe and I had to find out why. This didn't take long ...It reminded me of a bad acid trip. I get up, walked away, and prayed for it to be over soon. Punk rock isn't for me.

Toshi Reagon made up for the music that was missing earlier, this womyn can really jam.

Saturday, time to shop, only had $20. so it didn't take long. I bought a blue stained glass butterfly and gave it to another ex-lover/bestfriend.

Edwina Lee Tyler at the Acoustic Stage is the reason our crew went down in herstory as the 1st. time ever any crew got to close down completely for a concert.

Felt lost for a while with so much free time, then a friend from home wanted to make a run for beer, which I immediately associated with pizza...no veggies, just meat. Shared with womyn at Treeline, Triangle, a couple near by tents and still had some left by the time I got to Night Stage for my friends in Festiewear.

During the evening concerts, I roamed from one group of womyn to the next, visiting as many friends as possible, stopping only to hear Lillian Allen's performance.

Sunday, I kept very busy to avoid depression. It's so sad when all the womyn are packing up to leave. Saw some comedy at the Day Stage and the beginning of the Candlelite Concert at Acoustic Stage before I fell asleep.

Monday on my crew we sort, fold, count, pack, and inventory everything. The entire area is cleaned very well, nothing is left behind. This is our home and we want it to be just as fine next year.

Post festival party...time to really let loose. The initials DART, which normally stand for Differently Abled Resource Tent, are changed to Desperate And Really Trying. I had more fun with these womyn then I imagined possible. We sat around the fire pit playing the lipstick game. Ya put the lipstick on, then turn to the womyn next to you, and kiss until your lipstick becomes her lipstick, longer if ya like...go around the circle, trade places, and start over again. We ate and drank and danced all nite.

Tuesday, finish anything that didn't get done yesterday. My crew has a meeting and discussed how we can make improvements for next year. During my 1st. year as a festie-goer, on the old land at the T-shirt tent, you had two choices, butch or femme, I couldn't decide and bought both. We've come along way since then.

Continued on Page 3

COMMUNITY EVENTS

ALL Times are Indiana time

VIDEO NIGHT

DESERT HEARTS

Let's watch this together, one more time!

Viv, an English professor, goes to Reno for a quickie divorce and spends the weeks waiting at a dude ranch, where she meets Cay. They develop a bond that renews their hearts...and breaks all the rules. This is a MUST SEE for all new community wimin.

There will be an hour long first presentation entitled, "Ancient Wimin's Spirituality".

Friday, Oct. 7, 7:00 p.m.
Call Julie or Gloria for directions. 684-4011

LESBIAN SUPPORT GROUP

Every Tues., 7-9 p.m.,
For info, write:
LSG
P.O.Box 1281
Niles, MI 49120

DIRECTORY AVAILABLE

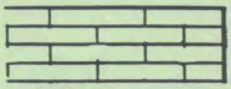
A directory of the lesbian/gay groups in the Michiana area has been compiled by the NOW Lesbian committee and information from the directory is available by calling an Open Arms staff member.

PLEASE TYPE SUBMISSIONS IF POSSIBLE

If it is possible for you to type your submissions on a letter quality typewriter or printer, please do so using a 55 space line. This will make layout much easier. Thanks.

MISSION STATEMENT

Open Arms exists to disseminate diverse information of interest to the Michiana Lesbian Community.



THIRD FRIDAY OUT

THE GREAT WALL

130 Dixie Hwy. South on U.S. 31 North
Friday, Oct. 21, 7:00 p.m.
Reservations due by Wed., Oct. 19th.
Call Jackie for reservations 291-5837

HAY RIDE

Eby Pines in Bristle
Fri., Oct. 28, 7 p.m.
$7.00 per person, includes ride, bon fire, hot dogs and buns.
Bring a dish (or chips) to pass and your own drinks.
Call Marcia at 271-0338 by Wed., Oct.19th. for reservations.

OPEN ARMS DEADLINE/MEETING

The deadline for submissions for the November *Open Arms* is October 10th. Submissions can be mailed to Open Arms, P.O.Box 845, Mishawaka, IN 46546 or given to Mary, Sheree, or Kaye. Submissions received after October 10th. may not be published in the November newsletter.
Newsletter meeting...Sunday, Oct. 16th. at Kaye & Marcia's, 6:30 p.m. Call 271-0338 for directions.

EDITORIAL POLICY

We may edit any article submitted for length or content. We ask that all articles submitted be signed and typed, but will respect the wishes of the author b not printing her name if so requested.

EVENTS COORDINATORS

3rd. Fri. Out ... Jackie (219) 291-5837
Wimin's Video Night...Gloria & Julie (616) 684-401
Sunday Brunch...Kaye & Marcia...(219) 271-0338
Game Night...???

OPEN ARMS STAFF

Mary	(219) 234-5986
Sheree	(616) 684-6365
Kaye & Marcia	(219) 271-0338

Advertising...Kaye & Marcia
Subscriptions...Kaye & Marcia

DEAR SISTERS continued

Crystal Valley Tavern opens for WWTMC womyn only. This is the wildest, craziest, get down, and party nite ever. Play pool, darts, shuffleboard, eat meat, and dance. My mouth literally fell open 1st. time I saw womyn doing BODY SHOTS. Look me up if you really want to know how, it's easier to demonstrate then describe.

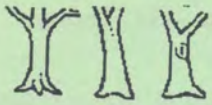
Wednesday, I'm scheduled to leave, but the sun came out and I don't want to go, besides, my friends from the Womyn of Color tent invited me to a private party with ribs, chicken, steak, and champagne.

On my last 2 days I freelance. Work for other workers too busy to pack up their own stuff, take down tents, and make everything fit into their cars and trucks. Even though I offered to do this for free, everyone was so grateful I received payment ranging from $10 to $100 per hour plus an added bonus of a safe sex kit.

I left with 25 new addresses of friends to keep in touch with and lots of very fond memories.

See ya in August!

Kim



SIOUX LEGEND: a womon in a shining white dress appeared before the starving people and delivered a sacred pipe, taught them how to pray, and told them about buffalo. She promised to return. As she vanished, turning into a white buffalo calf, herds of buffalo arrived, ensuring food, shelter, and clothing.

Plains Indians survived on the herds until the 1890s, when the Indians were forced onto reservations, their buffalo slaughtered.

The People have been praying for the spirit of the buffalo to return. The idea that this sign comes in the seventh generation, today, causes The People to believe this is a sign that there really is a rebirth of spirituality..

THE COURT OF FRIENDS
(A Singles Service)

O.K. all you singles! Here's your opportunity to reach out to other singles. Write out what you want other singles to know about you, what you are looking for in another (be brief), and send to:

The Court of Friends
P.O.Box 1281
Niles,MI 49120

(Be sure to include your address.) Your identity will be kept confidential...you will be assigned an ID number. Your info and ID number will be published in OPEN ARMS. (It would be helpful if you would send your info early in the month so that it can be published in the next month's issue of OPEN ARMS.) Also, O.A. reserves the right to edit, if necessary, for publication.

Those wishing to respond to an ID Single may do so by writing whatever you wish, putting it in a stamped, sealed envelope with the intended ID number on the front (in pencil). Place your message in another stamped envelope and mail to the above P.O.Box. Upon receiving your message, the ID number will be replaced with the corresponding name and address and mailed. Then you're on your own. COME ON SINGLES! Someone special wants to know you're out there!!!

APPLE APPLAUD

In the June issue of *Out* magazine, Apple Computers features openly lesbian tennis champion Martina Navratilova in an ad for their PowerBook. It's the first time that a corporation of Apple's size is using an open lesbian celebrity to tout their products. Let then know you appreciate the visibility. Write to: Michael Spindler, President/CEO, Apple Computers, Inc., 20525 Mariani Ave., Cupertino, CA 95014. info GLAAD/NY BULLETIN

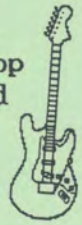
1994 NOTRE DAME WOMEN'S SOCCER

OCTOBER			
2	Duke	St. Louis, MO	12 p.m.
7	LOYOLA	NOTRE DAME, IN	5 P.M.
9	WISCONSIN	NOTRE DAME, IN	3 P.M.
14	Washington	Portland, OR	1 p.m.
16	Portland	Portland, OR	2:15 p.m.
21	OHIO STATE	NOTRE DAME, IN	5 P.M.
23	DETROIT	NOTRE DAME, IN	1 P.M.
28	Xavier	Cincinnati, OH	7 p.m.
30	Wright State	Dayton, OH	1 p.m.
NOVEMBER			
3-6	MCC Tournament	Indianapolis, IN	TBA

NEWS NOTES

--Welfare reform targets mothers. The child exclusion policy was designed to discourage wimin who aren't married to men from giving birth and to reduce governmental welfare spending. The warped logic of the policy seems to sprout from the welfare queen myth that the average welfare mother has five or seven children, when in fact, researchers have found that the average welfare mother has only two children. Benefit levels have no effect on birth rates for unmarried wimin. info from USA Today 7/13/94

--More Lesbian relatives of the rich and famous. Garth Brook's half sister, an out lesbian, is stepping out of Brook's shadow this fall by releasing her own pop country album. Betsy Smittle, has worked in the music industry most of her life. info from Los Angeles Times 7/15/94



--Justice Dept. Discovers Girls are Frequently Raped. Of 12 states studied, a total of 20,824 rape victims were reported, which is 20 percent of rapes reported nationwide. 12 percent of the under-12 girls were raped by their fathers, 26 percent by other relatives, and 50 percent by friends or acquaintances. info from Washington Post 6/23/94

--The Cincinnati's City Council has voted to appeal a Federal Judge's decision which struck down anti-homosexual ballot initiative.

--Judy Davis and Glenn Close will star in NBC movie, SERVING IN SILENCE: The Margarethe Cammermeyer Story, about the Colonel's discharge from the army because of being lesbian. Close and Barbara Streisand are exec. producers. info from USA Today

--FBI named in Florida in gender-bias suit. Joanne Misko was passed over for promotions in favor of lesser-qualified male agents. She left the FBI to start a top job this week with a Florida bank and is suing FBI for back supervisor's pay. info from USA Today

--CIA SUIT filed by female CIA agent against the agency. Charges against male agents include drinking, bar hopping, sex, and wild parties at government expense, along with their not showing up for work. She says the CIA punished her for reporting her subordinates' unprofessional behavior. info from USA Today

---There is a national support group run by and for the children of homosexual parents. For information, write to : COLAGE, 2300 Market St. #165. Dept. P, San Francisco, Calif.94114

--Domestic-Partner Law Protects Personal Wishes. Unmarried couples should keep an eye on California as the governor's signature would bring some needed changes. 1.the right to have your partner visit if you are hospitalized. 2.the right to have your partner act as guardian if you are incapacitated. 3.the right to leave your money and property to whom you wish in your will, avoiding nasty court battles with relatives. info from USA Today

MABLE, MABLE SET THE TABLE

LEMON LUSH

First Layer:
1 cup flour
1 stick oleo
Combine and press into 9x13 inch pan. Bake at 375 for 15 minutes or until lightly browned. cool.

Second Layer:
1 8-oz. package Philadelphia cream cheese
1 1/2 cup powdered sugar
1 cup Cool Whip
Blend and spread over baked shell.

Third Layer:
2 3 1/2 oz. packages lemon pudding
3 cups milk
Beat at least two minutes. Spread over second layer and top with a layer of Cool Whip.

From Mable

Stress-Proofing Your Job

Stress is rarely a single event; it is a series of responses within us triggered not by a situation, but of our perception of that situation. Stress can be destructive or productive depending on how it is perceived and used. Stress in the work place can occur whenever the perceived demands of the job outnumber one's inner resources. Here are some helpful tips for dealing with stress at work:

1. Plan and Prioritize: Begin your work day by listing your day's tasks. Do the most important tasks as soon as possible. Set achievable goals and realistic time tables; resist the urge to list what you think you should accomplish in lieu of what you know you can accomplish.
2. Learn to "Just say NO"!: Victims of stress and work overload must learn to resist taking on extra projects. Explain that you have already over-committed your time and resources.
3. Structure Time: Set aside certain hours during the day to return phone calls and meet with people. Hold a few hours sacred when you can't be interrupted by unexpected visits or calls.
4. Size Things Up: Take time to determine the most efficient way of doing something. Estimate the time needed to complete a project, and weigh that figure and the job's priority against similar data for other tasks. Avoid trivial jobs that can either be delegated or reserved for a less busy time.
5. Find Your Stride: Remember that the amount of stress is not as damaging as the manner in which work is approached. Everyone needs to discover the pace at which they can work most comfortably and with the least agitation.
6. Take "Timeouts": Accept the fact that human performance deteriorates after five hours. Get into the habit of taking brief rest periods during the day. Stretch, look out a window, do some relaxation exercises or find something else to get your mind off work. Even race car drivers take pit stops.

7. "Rome Wasn't Build In A Day": Don't expect all work to be completed at the end of the day. Being reconciled to the fact that all goals will not be met regularly will help to reduce stress.
8. Keep Your Focus: Discipline yourself to concentrate on that task at hand. Doing more then one thing at a time only dissipates energy.
9. Avoid Time Bandits: Don't allow others to waste your time. Politely cut off non-productive conversations quickly or close the door on unnecessary interruptions.
10. Utilize Division Of Labor: Whenever possible, try to make arrangements which give you and co-workers the power to delegate and/or share work when overloaded, or request more work if underloaded.

Hopefully, these tips will help you manage stress more adequately in your job and slow down the possibility of job burnout.

Cathy Lambert, ACSW, CCSW

SIDE OUT IRISH

This is the often heard cry at the Lady Irish volleyball games who are off to the best start in the program's history at 10-0 as of this writing. Ranked 13th in the nation, this team has been impressive and exciting to watch. As a team, they are hitting .302, with Senior Christy Peters setting two Notre Dame career records already this season with 1,324 digs and 3,486 attacks, but Freshman Angie Harris is only 14 kills behind Christy's totals for this year. In fact, all five first year players are hitting .337 and have been ranked as the second best recruiting class in the nation.

In her 4th season as head coach, Debbie Brown has a 92-26 record for a .780 winning percentage. She is the only head coach in women's collegiate volleyball to have played on and coached the U.S. Olympic Women's team. She earned career win #200 during NCAA Mideast Regionals on the way to the final 8 in 1993. where they were narrowly defeated by Penn State.

While they will face their first top 20 competition September 15 against Colorado, I predict they will be in Austin, Texas this year for the final 4. So if you want fast paced action and excitement, come to the Joyce Athletic Center on October 1, 11, 21 or 22 at 7:30 p.m. and help cheer them on to victory.

-K-

JESSE HELMS IS RUNNING AMOK

Jesse Helms is waging a divisive campaign of hate on the floor of the United States Senate. Just last week, he targeted lesbian and gay youths in a mean-spirited amendment to the Senate education bill that would cut off funds to local schools with programs "encouraging or supporting homosexuality as a positive lifestyle alternative." This bill prohibits school counselors from talking a gay youth out of committing suicide--or even referring a troubled teen to an outside group for support.

COMING OUT OF THE CORPORATE CLOSET

AT&T has launched a broad scale, national mail campaign aimed at the lesbian and gay community, which makes it the largest company to seek our business directly. If you're considering changing long distance carriers, the time is now. Let AT&T know that this campaign was a factor in your decision. If you're already an AT&T customer, let them know that they've given you a great reason to remain one. Write to: Paula Bednar, Executive Assistant, Executive Response Team, AT&T, 175 Morristown Road, Basking Ridge, NJ 07920 info Lavender Morning

OTHER COMING EVENTS

OCT. 1 - BUILDING BRIDGES: GAY AND LESBIAN CHRISTIANS AND THE CHURCH - 8:30 a.m. to 4 p.m., Trinity Episcopal Church, Ft. Wayne. $25 advance, $35 at door. Bring your own lunch. For more info: Rev. Robin Thomas (219) 423-1693.

OCT. 7-9- SECOND NATIONAL WOMEN'S COMEDY CONFERENCE with Karen Williams, Sara Cytron and others. Columbus, OH. (216) 289-2939 for info.

OCT. 8 - 4TH ANNUAL INDIANA AIDS WALK AND HEALTH FAIR. Fair: 11 a.m.-2 p.m.; Walk: 2 p.m. $25 registration fee. Military Park, Indianapolis. (800) 659-7580 or (317) 920-3190.

OCT. 13 - 8TH ANNUAL WOMEN & WORK CONFERENCE. 8 a.m.-4:30 p.m. The Adam's Mark Hotel, 2544 Executive Dr., Indianapolis. Registration $25 by 10/1; $40 afater 10/1. Keynote: Julianne Malveaux, columnist, TV commentator, author. (317) 684-2357 for info.

OCT. 15 - THOUSAND WAVES - Dance, karate, drama, history, music and performance art at Mountain Moving Coffeehouse. 8:30 & 9:45 p.m., 1545 W. Morse, Chicago. (312) 988-4631.

OCT. 22 - JORJET HARPER - Chicago writer reads from her new book, Lesbomania: Humor, Commentary, and New Evidence That We Are Everywhere. 8:30 & 9:45 Mountain Moving Coffeehouse.

NOV. 19,20 JUSTICE, INC. statewide awards banquet and civil rights conference. Indianapolis Marriott. TANYA DOMI, Lesiglative Director of National Gay & Lesbian Task Force will speak. Focus will be on the effort to pass an Indiana Gay & Lesbian Civil Rights Bill in 1995. For more info call Wally at (812) 474-4845.

DEC. 3 - SUZANNE WESTENHOEFER - Lesbian Comedienne. 7:30 & 10:30 p.m. Call Branching Out Productions, (317) 637-2906 or 574-0615 for tickets, $18 in advance.

VICTORY FUND SEEKS OPENLY GAY AND LESBIAN CANDIDATES FOR PUBLIC OFFICE

Washington, D.C.--The Gay and Lesbian Victory Fund is seeking qualified openly gay and lesbian candidates who plan to run for public office in 1995 or 1996. The Victory Fund, which puts the power of its national donor network behind its recommended candidates, has contributed more than $750,000 directly to campaigns since its inception in 1991. Sixty percent of Victory Fund recommended candidates have won their races, compared with less than one percent of all non-recommended candidates.

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DRIFT-WOODS COTTAGES

Two-bedroom and one-bedroom cottages available on Lake Michigan, ten minutes south of Saugatuck, Michigan. The cottages are open year around, are fully furnished, have well-equipped kitchens, and linens and towels are provided for bedroom and bath. The living rooms have gas log fireplaces. Gas grills are provided for outdoor barbeques. The beach is accessible via stairs. Hiking trails, sand dunes, cross-country skiing, shops galleries, restaurants, antique shopping nearby.

Call Susan for weekend, mid-week, weekly visits at (616) 857-2586.

MARY P. BOTTUM

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New! Opening in June...a new women's guesthouse!
Call about special pre-opening rates in May.
Book now for Holland Michigan Tulip Festival, May 4th-14th.

Saugatuck on the river...

DEERPATH LODGE

... an enchanting retreat

Deerpath Lodge sits atop a dune overlooking the Kalamazoo River. Surrounding evergreens, oaks, and an extensive wildflower garden provide a rustic charm. The river and 45 acres seclude our private retreat from public access. Saugatuck, the infamous art colony, and mecca of innovative shops and restaurants is just five minutes by car, longer by boat. We offer three spacious guest rooms, each with private bath; one with kitchenette. A wholesome breakfast is provided.

Guest Rooms For Women

For Reservations & Information:
P O Box 849 Saugatuck, Michigan 49453
1-616-857-DEER

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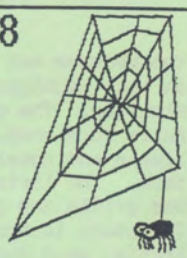
OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Support Group 7:00 p.m.	5 Now Meeting St. Joe Libr 7:00 p.m.	6	7 Video Night Niles 7:00 p.m.	8 
9	10	11	12	13	14	15 Dance Niles 8:00-1:00a.m.
16 Open Arms Meeting 6:30 p.m.	17	18	19 Reservations due for Third Fri. Out and Hay Ride	20	21 Third Friday Out 7:00 p.m.	22
23 PFLAG 30	24 31	25	26	27	28 Hay Ride Bristol 7:00 p.m.	29

ALL Times are Indiana time.

Subscription for Open Arms - $10.00/year

Name_____

Address _____

City_____State_____

Phone Number_____Zip_____

Make check payable to Open Arms and mail it to : Open Arms, P.O. box 845, Mishawaka, IN 46546.

Same Time Every Month

1st Wednesday - NOW Meeting, 7:00 p.m., Main Library, Corner of Main and Wayne, South Bend. Call 288-7123 for info.

4th Sunday - P-FLAG Meeting 2-4 p.m., Christ the King Lutheran Church, 17195 Cleveland Rd., South Bend. Call Nancy at 277-2684 for more info.

"WHAT PAUL REALLY SAID ABOUT WOMEN"

If you are trying to figure out your journey of Christian Faith or struggling with your spirituality, this may be of interest to you. This is a study that challenges and examines the past teachings regarding the writings of Paul. It is beginning Oct. 9 (Sundays) at 9:00 a.m. at Southside Christian Church, 1329 E. Jackson, So. Bend, and will be taught by family. For more information call 291-11